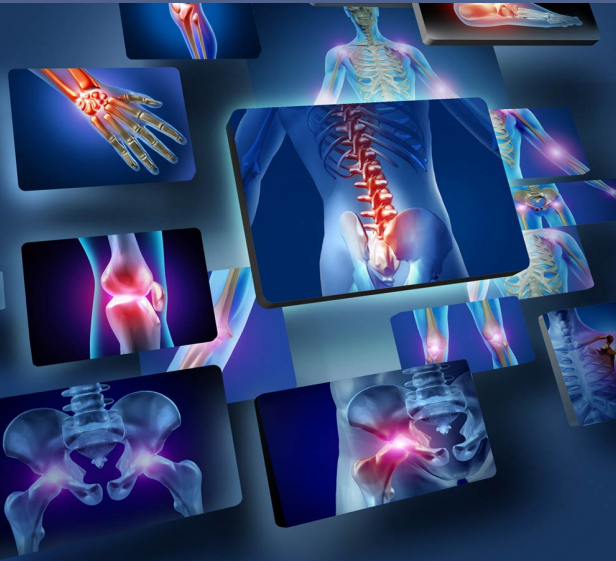


MEDICAL FITNESS TRANSITION PROGRAMS



ORTHOPEDIC TRANSITION

- ✓ 8 Week Program
- ✓ Includes Facility Membership
- ✓ 6 One-on-one Sessions
- ✓ Orthopedic Exercise Prescription

WHO IS THE PROGRAM FOR?

- ✓ Previous ankle, knee, hip, back or rotator cuff surgery and/or physical therapy
- ✓ Individuals who want to be more confident with physical activity or activities of daily living
- ✓ Anyone wanting to have the tools to adopt a healthier lifestyle

COST:

Member: \$49

Non Member \$99

CARDIO PULMONARY TRANSITION



- 8 Week Program
- Includes Facility Membership
- 6 Group Sessions
- 2 Class times to choose from

WHO IS THE PROGRAM FOR?

- Anyone with a previous cardiac or pulmonary event
- Anyone with a current diagnosis of cardiac or pulmonary disease
- Anyone interested in learning more about cardiovascular health
- Anyone with the desire to adopt a healthier lifestyle

MEDICAL FITNESS INTEREST FORM



Name: _____ Date: _____

Phone: _____ Email: _____

Program of Interest:

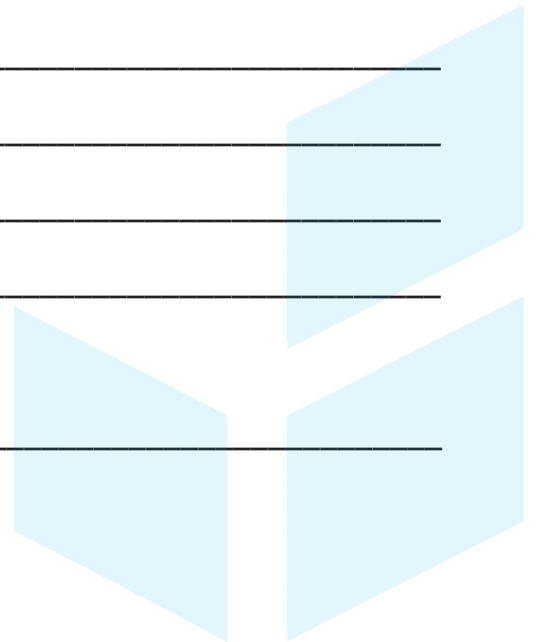
Orthopedic Transition

Cardiopulmonary Transition

Area of Focus: _____

Injury/Surgery History: _____

Physician Referred By: _____



Questions?

Contact Josh Lamtman at jlamtman@sequoia-wellness.com